

minerals → deficiency - Food recommendations

Ca	osteoporosis rickets	1000	Excess - Hypercalcaemia, renal calculi
Na	Cramp, weakness, etc		Excess: Hypertension, Oedema.
Zinc	Retard growth & wound healing Low sperm count	0.8	Excess: - Nausea, Vomiting, Anaemia.
Phosph	Rare, but may occur in premature infants fed on human milk. Also deficiency of phosphate - Anaemia (normocytic or microcytic)	700	Excess: - siderosis.
Iron		18	Excess: - siderosis.
fluoride		3	
Iodine (ug)	hypothyroidism	150	
magnesium m.	Neurological problems such as tremor, confusion, seizures	320	Excess - hyperaemia.
Potassium m.	hypokalaemia - muscles weakness, cardiac arrest, reduction in bowel peristalsis - apathy & confusion	55	Excess: - renal failure, muscle weakness, cardiac arrhythmias, cardiac arrest.
Selenium			
Sulphur			
Biotin (ug)		400	
Copper (ug)			
Chromium (ug)		25	
Manganese		1.8	
Molybdenum (ug)		34	